

# 5<sup>th</sup> Asian Obesity Specialists & Endocrinologists Annual Meeting

July 11-12, 2016 Kuala Lumpur, Malaysia

## Cambridge weight plan formula diet - An option for pre-diabetes prevention

Vincent Chiew

Nettural Resources Sdn Bhd, Malaysia

Cambridge Weight Plan makes use of specially-formulated flavoured bars, soups and shakes to supply low-calorie diet ranging from about 400 to 1500 kcal or more per day. The products containing the necessary vitamins, minerals and trace elements to maintain balanced nutrition, can be used on their own as meal replacement in the very low calorie diet (VLCD) plan for fast weight lost or with (low-calorie) regular meal in the low calorie diet (LCD) plan for a more gradual weight loss or for weight maintenance. While on the program, we should also receive advice and support on healthy eating and exercise from accredited Cambridge Weight Plan Consultant. The Cambridge Weight Plan has gold-standard published clinical trials showing weight loss and weight maintenance over four years and sustained health benefits. Weight loss of 1 to 2 kg per week is possible. This can give a 15 kg weight loss, which is associated with a lessening of arthritic pain, sleep apnoea, psoriasis and better diabetes control, in 8 to 12 weeks. Weight loss of 10 kg or 10% of initial body weight (or more) can be maintained in compliant individuals. Recently, a global 8-country study (PREVIEW) on more than 2300 people with prediabetes showed that they lost an average 10.8 kg in 8 weeks on a Cambridge Weight Plan 810 kcal/d diet. This amount of weight loss can be associated with removal of ectopic fat from the liver and pancreas thereby reducing insulin resistance and improving insulin production, thus reversing prediabetes and early diabetes.

### Biography

Vincent Chiew was graduated with Bachelor of Social Science major in Psychology minor in Business, concentration in health psychology, Carleton University, Ottawa, Canada. Vincent have 16 years of Cambridge Weight Plan business building experience with General Practitioner, Slimming Center, Beauty Saloon, Gym Instructor and Individual Entrepreneur. Vincent have regularly invited by both medical and commercial organizations as speaker for bodyweight management and health awareness campaign.

[mkt2@nettural.com](mailto:mkt2@nettural.com)

Notes: